

**Alaska Children's Services
Residential Services**

RECREATION SERVICES

POLICY

All students will have the opportunity to participate in organized activities designed to promote good physical and mental health while meeting the therapeutic, social, leisure, and physical needs of students.

The benefits of therapeutic recreational activities may include improvements in:

Physical health— improved gross and fine motor skills, increased cardiovascular fitness, maintenance of healthy body weight, increased flexibility, increased muscular strength, improvement in overall activity level, enhanced body image, and reductions in health risks.

Psychosocial benefits – develop/maintain social skills, increased cooperation, improved communication skills, promote healthy socialization with peers, development of exercise and relaxation skills, and increased skills for socializing in alcohol/drug free activities

Cognitive benefits – improved problem solving skills, increased attention span, and enhanced memory skills,

Mental health – improvement in self esteem, increased ability to deal with stress, and possible reductions in depression, anxiety, sleep disturbances, and negative thinking.

PROCEDURE

- I. Maintain and develop the physical/motor skills of students.
 - A. Recreation staff will schedule three or more activities per cottage each week that are designed to develop physical motor skills.
 - B. Students with special needs who cannot develop their physical/motor skills in unit-based activities will receive small group or individual remediation.
- II. Develop age-appropriate, leisure-based recreation skills.
 - A. Recreational activities planned by staff will be an approximation of those that students are likely to be engaged in when they return to the community.
 - B. A minimum of two leisure based recreation activities per week will be scheduled by recreational staff.
 - C. Recreational supplies and equipment available to the units for use by students during free activity periods will be similar to those available in the community.
- III. Develop age-appropriate social skills with the involvement of students in the planning of activities, as appropriate.

- A. Activities will be implemented with a focus of teaching students to follow rules and instructions, stay on task, respect others, resolve conflicts, accept responsibility for their actions and, in general, engage in age-appropriate behavior.

ORGANIZATION

I. Residential Services

- A. The Recreation and School Services Supervisor is responsible for activity services for the Residential Services. This includes, but is not limited to:
 - 1. The planning and implementation of recreational activities.
 - 2. The supervision of recreational activities in the units.
 - 3. The training of staff and the safe supervision of recreational activities.
 - 4. The operation of the Benson Center.
 - 5. The supervision of residential recreation and education staff.
 - 6. The participation in Safety and Sanitation Committee.
 - 7. Participation in Treatment Program Supervisor meetings as scheduled.
- B. Recreational services are provided in the form of structured activities aimed at improving physical and mental health.
- C. As appropriate, Residential staff will help the Recreation and School Services Supervisor implement recreational activities.

II. Community Activities

- A. The Recreation and School Services Supervisor will be responsible for the development of community resources for residential students and the coordination of recreational activities involving the community.
- B. Community-based activities for residential students include, but are not limited to: art programs, Native Youth Olympics, biking, community sports, skiing, hiking, movies, and other forms of entertainment.
- C. Residential and recreational staff routinely takes students into the community to engage in age appropriate activities (e.g. picnicking, attending movies, concerts, and various community events).

III. On-Grounds Activities

- A. The on-campus activities program will include, but will not be limited to:

1. Structured activities including arts and crafts, body fitness, games, and sports activities.
2. Free play, where students plan and participate in activities with supportive supervision.

IV. Planning and Scheduling Activities

- A. During milieu meetings, staff and students will jointly plan the recreational activities for the week. These will include both on and off-grounds activities for the unit.
- B. The Recreation and School Services Supervisor will develop a monthly schedule of activities planned and supervised by Residential and Recreation department staff for evenings and weekends. To the extent possible, the schedule will present alternatives from which students may choose.
- C. Each monthly schedule of activities developed by the Recreation and School Services Supervisor will be adjusted to meet the needs of a changing student population.

V. Integration of Activity Services with the Master Treatment Plan

- A. Within ten days of admission, the Recreation and School Services Supervisor or designee will complete an activities assessment for every new student. Where indicated by the assessment, the Recreation and School Services Supervisor will attend the conference in which the Treatment Plan is developed.
- B. In cases where the assessment indicates problems that can be addressed by the activity service, specific goals to be accomplished by the service will be included in the treatment plan.
- C. The Recreation and School Services Supervisor will confer with each student's Clinical Therapist prior to implementing substantial changes in the student's recreational program.
- D. The Recreation and School Services Supervisor or his/her designee will enter progress notes into each student's record to document the student's response to activity services and to describe pertinent observations.

VI. Continuing Education

- A. Activity service staff will participate in the facility's staff development and training program as required.
- B. All activity service staff will be trained in the facility's procedures for the management of student behavior and will complete Mandt training and certification at the intermediate level, Medic first aid, and CPR training.

APPROVED: _____
Director of Residential Services

Date

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